



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Eberhardt, Volker

000: 2:47:40

00: Berlin

00: 378

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 75 (of 236)

00000/0: 70 (of 198)

000000: 2:14:41

00000: 13(of 30)

0000000: 2:17:44

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	37:56	25:17	16	9:57	97	13:14	1.50	37:56	25:17	16	9:57	97	13:14
Wechsel S -> R	0.26	2:48	10:46	11	0:59	62	1:28	1.76	40:44	23:08	16	10:56	87	13:49
Schwimmen 000	1.76	40:44	23:08	16	10:56	87	13:49	1.76	40:44	23:08	16	10:56	87	13:49
Rad netto	40.00	1:14:44	1:52	15	9:24	81	12:20	41.76	1:55:28	2:45	14	19:15	84	25:05
Wechsel R -> L	0.13	1:10	8:58	7	0:17	35	0:24	41.89	1:56:38	2:47	14	19:24	81	24:56
Rad 000	40.13	1:15:54	1:53	15	9:33	74	12:39	41.89	1:56:38	2:47	14	19:24	81	24:56
Lauf	10.00	51:02	5:06	14	10:32	70	12:51	51.89	2:47:40	3:13	13	29:56	70	32:59